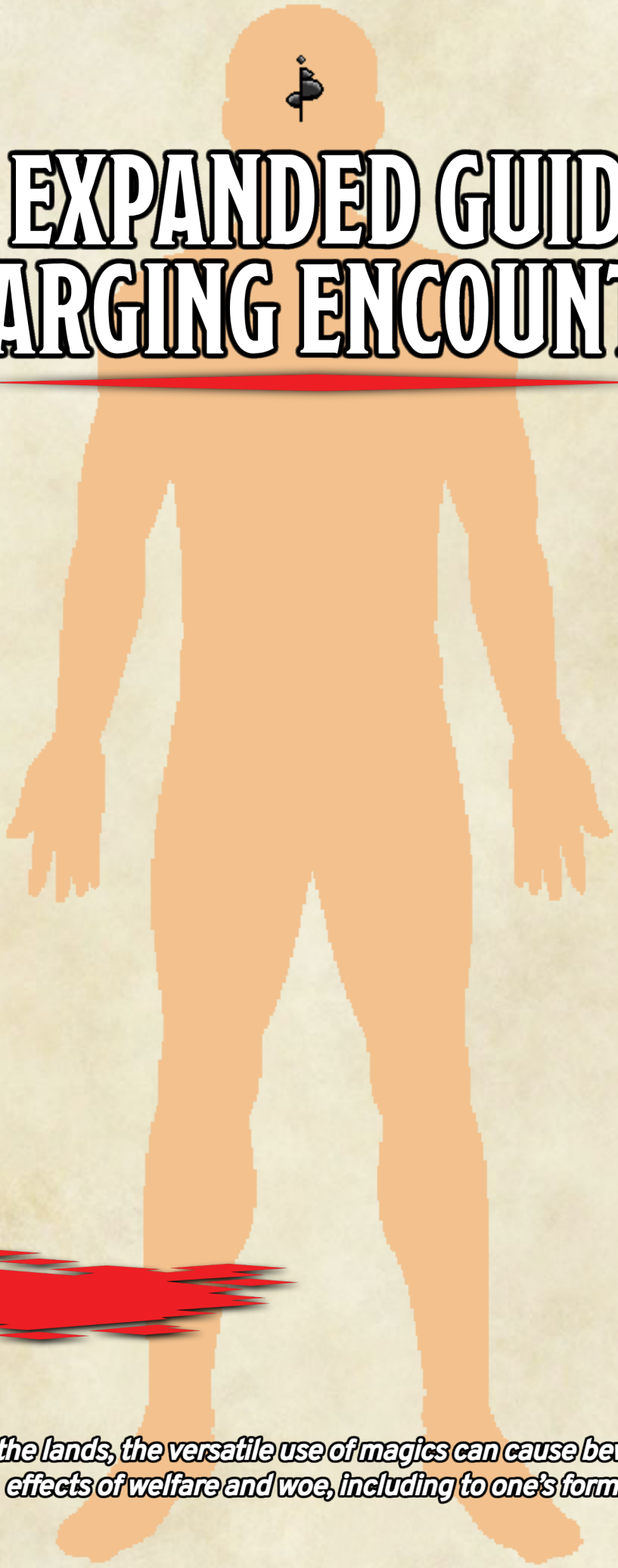
THE EXPANDED GUIDE TO ENLARGING ENCOUNTERS



5E Homebrew

Across the lands, the versatile use of magics can cause bewildering effects of welfare and woe, including to one's form.

Legal Information

CREATIVE COMMONS LICENSE

This work includes material taken from the System Reference Document 5.1 (“SRD 5.1”) by Wizards of the Coast LLC and available at https://dnd.wizards.com/resources/systems-reference-document. The SRD 5.1 is licensed under the Creative Commons Attribution 4.0 International License available at https://creativecommons.org/licenses/by/4.0/legalcode

OPEN GAME LICENSE VERSION 1.0A

The following text is the property of Wizards of the Coast, Inc. and is Copyright 2000 Wizards of the Coast, Inc (“Wizards”). All Rights Reserved.

1.Definitions: (a)”Contributors” means the copyright and/or trademark owners who have contributed Open Game Content; (b)”Derivative Material” means copyrighted material including derivative works and translations (including into other computer languages), potation, modification, correction, addition, extension, upgrade, improvement, compilation, abridgment or other form in which an existing work may be recast, transformed or adapted; (c) “Distribute” means to reproduce, license, rent, lease, sell, broadcast, publicly display, transmit or otherwise distribute; (d)”Open Game Content” means the game mechanic and includes the methods, procedures, processes and routines to the extent such content does not embody the Product Identity and is an enhancement over the prior art and any additional content clearly identified as Open Game Content by the Contributor, and means any work covered by this License, including translations and derivative works under copyright law, but specifically excludes Product Identity. (e) “Product Identity” means product and product line names, logos and identifying marks including trade dress; artifacts; creatures characters; stories, storylines, plots, thematic elements, dialogue, incidents, language, artwork, symbols, designs, depictions, likenesses, formats, poses, concepts, themes and graphic, photographic and other visual or audio representations; names and descriptions of characters, spells, enchantments, personalities, teams, personas, likenesses and special abilities; places, locations, environments, creatures, equipment, magical or supernatural abilities or effects, logos, symbols, or graphic designs; and any other trademark or registered trademark clearly identified as Product identity by the owner of the Product Identity, and which specifically excludes the Open Game Content; (f) “Trademark” means the logos, names, mark, sign, motto, designs that are used by a Contributor to identify itself or its products or the associated products contributed to the Open Game License by the Contributor (g) “Use”, “Used” or “Using” means to use, Distribute, copy, edit, format, modify, translate and otherwise create Derivative Material of Open Game Content. (h) “You” or “Your” means the licensee in terms of this agreement.

2.The License: This License applies to any Open Game Content that contains a notice indicating that the Open Game Content may only be Used under and in terms of this License. You must affix such a notice to any Open Game Content that you Use. No terms may be added to or subtracted from this License except as described by the License itself. No other terms or conditions may be applied to any Open Game Content distributed using this License.

3.Offer and Acceptance: By Using the Open Game Content You indicate Your acceptance of the terms of this License.

4.Grant and Consideration: In consideration for agreeing to use this License, the Contributors grant You a perpetual, worldwide, royalty-free, nonexclusive license with the exact terms of this License to Use, the Open Game Content.

5.Representation of Authority to Contribute: If You are contributing original material as Open Game Content, You represent that Your Contributions are Your original creation and/or You have sufficient rights to grant the rights conveyed by this License.

6.Notice of License Copyright: You must update the COPYRIGHT NOTICE portion of this License to include the exact text of the COPYRIGHT NOTICE of any Open Game Content You are copying, modifying or distributing, and You must add the title, the copyright date, and the copyright holder’s name to the COPYRIGHT NOTICE of any original Open Game Content you Distribute.

7.Use of Product Identity: You agree not to Use any Product Identity, including as an indication as to compatibility, except as expressly licensed in another, independent Agreement with the owner of each element of that Product Identity. You agree not to indicate compatibility or co-adaptability with any Trademark or Registered Trademark in conjunction with a work containing Open Game Content except as expressly licensed in another, independent Agreement with the owner of such Trademark or Registered Trademark. The use of any Product Identity in Open Game Content does not constitute a challenge to the ownership of that Product Identity. The owner of any Product Identity used in Open Game Content shall retain all rights, title and interest in and to that Product Identity.

8.Identification: If you distribute Open Game Content You must clearly indicate which portions of the work that you are distributing are Open Game Content.

9.Updating the License: Wizards or its designated Agents may publish updated versions of this License. You may use any authorized version of this License to copy, modify and distribute any Open Game Content originally distributed under any version of this License.

10.Copy of this License: You MUST include a copy of this License with every copy of the Open Game Content You Distribute.

11.Use of Contributor Credits: You may not market or advertise the Open Game Content using the name of any Contributor unless You have written permission from the Contributor to do so.

12.Inability to Comply: If it is impossible for You to comply with any of the terms of this License with respect to some or all of the Open Game Content due to statute, judicial order, or governmental regulation then You may not Use any Open Game Material so affected.

13.Termination: This License will terminate automatically if You fail to comply with all terms herein and fail to cure such breach within 30 days of becoming aware of the breach. All sublicenses shall survive the termination of this License.

14.Reformation: If any provision of this License is held to be unenforceable, such provision shall be reformed only to the extent necessary to make it enforceable.

15.COPYRIGHT NOTICE
Open Game License v 1.0a Copyright 2000, Wizards of the Coast, LLC.

END OF LICENSE

AUTHOR COPYRIGHT NOTICE

NO AI TRAINING: Without in any way limiting the author's exclusive rights under copyright, any use of this publication to "train" generative artificial intelligence (AI) technologies to generate text is expressly prohibited. The author reserves all rights to license uses of this work for generative AI training and development of machine learning language models.

Credits

Designer and Writer: Inane Bloatware Products

Template & Editor Software provided by
The Homebrewery

Cover Image provided by
Freepik.com

Contents

I. Shiftings of the Shape 5

Resisting Rotundness 5
Metabolism Skill Check 5

Corpulent Conditions 5
Stuffed Condition 5
Engorged Condition 6

II. Instruments of Indulging 8

Rules Fitting the Form 8

Hexes of Hunger 8
Troll Gut (Disease) 8

Boons of the Body 9
Blessings 9
Epic Boons 9

Items for the Inflated 9

Chapter 1: Shiftings of the Shape

Throughout history practitioners of the magical arts have studied and researched these esoteric powers to understand all their uses for the benefit of humanity or their own. However, some unusual scholars of magic have discovered that certain chants, formulas and reagents can induce alteration to an organism's body which are beyond the ones of simple polymorph or shapeshifting.

The practice and research of these magics are mostly shunned in the higher circles and scholarly bodies of magecraft. Even so, the accidental findings of such powers and effects are still archived and there a inner circles of the insanely dedicated spending their time in advancing this craft, this book is a collection of some of the findings.

Resisting Rotundness

Certain actions and magical effects can significantly affect a creature's body mass directly without altering the body's true form, like a shapeshift transformation, or its properties like a body part-altering spell. These effects will change how effective a creature is in certain scenarios, but it can also offer benefits that other magical boons cannot do as easily.

Metabolism Skill Check

Metabolism. Your Constitution (Metabolism) check measures your ability to endure or quickly assimilate a significant increase in your body mass like consuming large amounts of food, minimising the bloating effects of a potion, or decreasing your size.

This skill check can be used for resisting a spell, but it is not considered a saving throw unless stated otherwise. Additionally, this skill check cannot be used against effects similar to the spell *Polymorph* or *Alter Self*.

Metabolsim class proficiency

When choosing your skill proficiencies at level one as part of your class features, the following classes have the Constitution (Metabolism) check as an option: barbarian, monk, ranger, and sorcerer.

Corpulent Conditions

When the body fails to resist the acts of overindulging or it is afflicted by powerful magics that unwillingly alter it, immediate, but temporary, impairments will appear due to the sudden gain of new mass. Although continuous engagement in such acts or powers can lead to longer lasting changes in a creature's physique that cannot be as easily shed.

Even so, many have studied these effects over a prolonged time and discovered that these changes to the body can have practical uses alongside their drawbacks.

Stuffed Condition

A creature usually receives the stuffed condition after failing a Constitution (Metabolism) check after performing a specific action or attempting to resist a magical effect. If not stated, to avoid the condition, the minimum pass for the check is a DC 12.

The condition has the following effects:

- The creature cannot use Reactions until the start of its turn.
- For one turn, the creature can only execute two of the following: action, bonus action, or move.
- If the creature is concentrating on a spell, it must pass a concentration check with a DC equal to the stuffed condition or the spell's saving throw, whichever is higher.

Stuffed Points

The stuffed condition remains on the creature, even after the effects have passed and the creature can receive the condition multiple times. The number of times the condition can be obtained by a creature is tracked in stuffed points. Each creature has a number of stuffed points equal to 1 + the creature's Constitution modifier, for a minimum of 1.

The following actions can reduce the ammount of stuffed points received:

- Taking a short rest that consumes Hit Dices reduces the amount of points gained by 1.
- Taking a long rest reduces the amount of points gained to 0, this effect can happen once every 24 hours.

Suffed Points by Non-Magical Methods

With the DM's discretion, certain ordinary actions can innately increase the number of stuffed points obtained, with or without a Constitution (Metabolism) check. For example:

A Medium size creature consuming its equivalent of 3 days' worth of rations within 1 day becomes Stuffed. When using the same type of rations for a creature of a different size category, the amount required doubles for every size larger than medium and, respectively, halves, rounded up, for each size lower.

Engorged Condition

Engaging in certain actions in which the stuffed condition is continuously received or by being afflicted special abilities with impacts above the limits of a creature's physique, a new prolonged state is placed upon the body called engorged. Engorged is measured in six levels. When a creature's stuffed points reach the maximum amount, the creature receives an Engorged level and the stuffed points are reduced to 0. Other effects and special conditions can give a creature one or more levels of engorged.

An Engorged level offers booth boons and woes to a creature as specified in the description of the Engorged Woe Effects and Engorged Boon Effects tables.

Engorged Woe Effects

Level	DC Increase	Woes
1	+2	-5 ft. speed / engorged level
2	+2	-1 to all DEX rolls / engorged level
3	+2	Unable to make opportunity attacks
4	+2	Initiative turn order becomes 10
5	+2	Unable to make attacks with 5 ft. reach weapons
6	+2	Gain vulnerability to piercing damage

Engorged Boon Effects

Level	Points Bonus	Boons
1	-	HP maximum increases with prof. modifier per engorged level
2	+1	Size category and *AC increases by 1 / every 2 engorged levels
3	-	Advantage on all STR checks and saving throws
4	+1	You can't be surprised while you are conscious
5	-	Immune to the prone and grapple conditions
6	+1	Gain resistance to bludgeoning damage

**the AC bonus can be added to any armor class calculation that is not shapeshifting*

As the body becomes accustomed to assimilating mass, resisting the effects of the stuffed conditions becomes harder. The DC required by an effect or spell to resist the stuffed conditions is increased by 2 for each level of engorged gained (as seen in the DC Increase column of the *Engorged Woe Effects* table).

Additionally, as the engorged condition increases the creature's size, it becomes more challenging to increase the engorged levels further as the body amasses new space. The creature's stuffed points maximum increase by 1 for every two levels of engorged gained (as seen in the Points Bonus column of the *Engorged Boons Effects* table).

If an already engorged creature suffers another effect that causes engorged, its current level of engorged increases by the amount specified in the effect's description.

A creature suffers the effect of its current level of engorged as well as all lower levels from both the Boon and Woe description tables.

An effect that removes engorged reduces its level as specified in the effect's description, with all engorged effects ending if a creature's engorged level is reduced below 1.

Collapse Saving Throw

If a creature reaches the maximum stuffed points while at engorged level 6, a DC 25 Constitution (Metabolism) check must be passed or the creature becomes unconscious but stable. The creature will become conscious after spending a short rest out of combat.

Healing and resurrection effects will not remove this state. While in this unconscious state, the creature can still be reduced to 0 hit points and needing to roll death saving throws.

Erupt Saving Throw (Variant Rule)

When failing the DC 25 Constitution (Metabolism) check, the creature will enter a special Death saving throw state. The creature will roll death saving throws as per the rules found in the *PHB*. On the third success, the creature receives the effects detailed in the Collapse Saving Throw. On the third failure the creature explodes, dying instantly, and all other creatures within a radius of 30 ft. of the corpse must pass a DC 19 Dexterity saving throw or receive force damage equal to 2d6 + an additional 2d6 for each character level or CR above 1 that the creature has. On a success the creature takes half as much damage.

While rolling the saving throws, healing and resurrection effects will not count as a success or remove the state, as well as damaging effects will not count as a failure. The creature's current hit points can still be reduced or increased. If the creature is reduced to 0 hit points, it is considered an instant failure of all remaining saving throws and the creature erupts.

If the creature receives an effect that would apply a stuffed or engorged condition while in this state, it will count as a failure. If the creature receives an effect that would remove the stuffed or engorged condition white in this state, it will count as a success.

Workout Downtime Activity

Workout is a downtime activity that can be done by characters who in their adventures have indulged too much in consumables or have been afflicted by unusual magics and their bodies increased in mass to the point of causing difficulties to their day-to-day activities. This downtime activity is a non-magical method in which a character can reduce gained levels of engorged.

Requirements. To engage in this downtime, a character must spend one week and 50 gp for renting the space and equipment in order to undergo physical intensive activities. If the character's current engorged level is higher than one, an additional spending of 3

days and 10 gp must be made for each additional level of engorged gained by the character.

Actions. The character must make a series of checks and saving throws, with a DC equal to 10 + 2 for each level of engorged the character currently has.

The character makes three rolls: a Strength (Athletics), a Constitution (Metabolism), and a Wisdom Saving Throw. If the character has obtained the *Athlete* feat, its benefits can replace the relevant skills in any of the checks. The DC for each of the checks is 5 + 2d6, generate a separate DC for each one. Consult the Workout Results table to see how the character did.

Workout Results

Result	Value
0 successes	Engorged level not reduced
	-2 against the stuffed condition for 1 week
1 success	Engorged level not reduced
2 successes	Engorged level reduced by 1
3 successes	Engorged level reduced by 1
	+2 against the stuffed condition for 1 week

Random Events. This daily routine can bring the character to the attention of passersby or other athletes, being awed either by the character's ambition or physique predicament. There is a 5 percent chance for a random event to appear and the chance can increase by an additional 5 percent for each level of engorged above one that the character has gained. The character must roll for the random event before attempting the skill checks. There are examples of events on the Workout Random Events table.

Workout Random Events

d6	Event
1	Your activities have instigated somebody's envy and the individual has begun sabotaging your efforts. You gain a -2 for all your action rolls for this downtime.
2	The locations used for your activities see you as a regular and people there have begun asking you for advice on self-improving and other personal matters.
3	Rumours spread about you being a hag that eats people during the night. Some individuals will now avoid you and certain locations might be harder for you to access.
4	An alchemist has become fascinated by your metabolism and asks you to try an experiment/to go on a gathering quest.
5	Some restaurants mistake you for a chef/food critique. Every time you enter a city your culinary opinion is put into question.
6	A martial arts trainer has noticed your athletic efforts and has offered to assist you. You gain a +2 to all of the Activity checks for this downtime.

Chapter 2: Instruments of Indulging

If the maddening writings contained within this tome have piqued your curiosity and want to use or be on the lookout for these enormous powers, then below you will find a collection of guides & tools on how to combat or use these powers for your benefit and the detriment of your challengers.

Rules Fitting the Form

You can use the existing rules, features, abilities and spells to counter and mitigate the effects of the stuffed and engorged condition. Below there are examples of how to counter these conditions by adapting a few spells from the *Basic Rules*.

Remove Condition. The *lesser restoration* spell can be used to reduce a creature's amount of stuffed points gained by 1 once every 24 hours. Additionally, the *greater restoration* spell can be used to reduce a creature's current level of engorged level by 1 once every 7 days.

Mitigate Condition. The effects of the spell *enlarge/reduce* can be used to affect the chances of a creature in gaining levels of engorged. When the *enlarge* effect is used, the maximum amount of stuffed points is increased by 1 for the duration of the spell. Additionally, if the creature has levels of engorged and 0 gained stuffed points, the creature's current level of engorged is reduced by 1 until the spell ends, the stuffed points gained are not changed.

When the *reduce* effect is used, the maximum amount of stuffed points is reduced by 1 for the duration of the spell. If the reduction of the points maximum sets the creature's current gained stuffed points as the maximum amount, the creature gains one level of engorged.

Ignore Condition. When shapeshifting using spells like *polymorph* or features like *Wild Shape* which change a creature's body and/or type, any gained stuffed and engorged conditions do not apply to this form. The new form is considered a separate creature with its own stuffed points and engorged levels that linger until the form is dismissed unless stated otherwise. When the creature reverts to its original form, it also gains back the stuffed points and engorged level the creature had before shapeshifting. There are exceptions for creatures like lycanthropes where all forms are part of the creature.

Hexes of Hunger

It has been discovered that even during the ancient times of ages gone by these obscure practices of altering the body were used. These ancient magics can still be found in witchcraft practices and certain vengeful hags with a vendetta or envy against conventional beauty might utilize these hexes on those who cross them.

Troll Gut (Disease)

This disease is present in crafted consumables that contain troll meat as one of its ingredients. A creature is only afflicted by this disease if the meat has not been prepared properly for normal consumption.

You can prepare the meat as food by passing a DC 12 Wisdom (Survival) check, if used as an ingredient for crafting a consumable, like a potion, the required crafting DCs are increased by 2. Failing the skill checks will apply the Troll Gut disease to the item.

Effects. When you consume an item that contains the disease, the troll meat used as an ingredient cannot be digested as it continuously regenerates within your stomach. At the end of each long rest, you must pass a DC 12 Constitution (Metabolism) check or gain one stuffed point.

The troll meat within you is dead meat, offering no nutritional benefits and creating a false feeling of hunger. You can no longer reduce stuffed points during short rests and when you take a short rest, you must make a Wisdom Saving Throw with a DC of 12 + your current stuffed point gained to resist the hunger. On a failed roll, you gain an additional stuffed point during the short rest. This saving throw can be affected by the DC increase obtained from engorged levels.

While this disease is present, when calculating the DC for a skill check or saving throw used to resist or reduce stuffed points and engorged levels, the DC increases by the current stuffed point you have, for a minimum of 1.

Additionally, any magical healing you receive while having the disease will regenerate the troll meat within you even further. Every time your current hit points increase from magical healing you must make a Constitution (Metabolism) check with a DC of 12 + your current stuffed point.

Treatment. You can remove the disease by casting a *lesser restoration* spell. When casting the spell you must make an ability check using your spellcasting ability against a DC of 13 + the target's current engorged levels. On a failed check, the disease cannot be removed using this spell for the next 7 days. On a successful save, the disease is removed, but any gained stuffed points and engorged levels persist on the target.

Boons of the Body

Special rewards can be earned by adventurers through their deeds and acts of either constantly opposing and improving from situations of overindulging and physique afflictions or by learning how to use the gaining of new mass to their advantage. These rewards can be earned from the highest powers of the universe to the sheer actions of human-like perseverance.

Blessings

Blessings can be usually rewarded when a character has done acts equivalent to completing the workout downtime activity with successful results for a total of 20 weeks.

Blessing of Physique Discipline. Your Strength, Constitution, or Wisdom score (your choice) increases by 1, up to a maximum of 20. This blessing can be awarded to a character more than once.

Epic Boons

Epic Boons can be usually rewarded when a character has done acts equivalent to reducing the engorged levels the character has gained from 6 to 0 for a total of 10 times.

Boon of the Bulky Frame

- Your size category permanently increased by 1 (to determine your new height & weight, you can choose to use the Random Height and Weight table found in the *PHB* and double each dice result).
- Your Strength, Constitution or Wisdom score maximum (your choice) increases by 3.

Items for the Inflated

These magical odds and ends are usually found in treasuries of mad cults, in archives of mishap creations, or in the possession of twisted-minded creatures from the higher planes with the sole purpose and desire to cause chaos. These items can grant wondrous abilities to a character but many of these powers come at the cost of unexpected burdens upon their wielders.

Potion of Draconic Gust

Potion, uncommon
Crafting reagents: air elemental essence, frost plant, and one reagent from the table below

When you drink this potion, you gain one stuffed point and for 1 minute on every one of your turns, you must use the Attack action in which one of the attacks is used to spew elemental energy from your mouth. The energy is exhaled in a 20-foot cone and each creature in that area must make a Dexterity saving throw, taking 4d6 damage of a specific type (see the table below), or half as much on a successful one. This effect can be used only once per turn.

If you want to use a different action or use your attacks with other items or abilities, at the beginning of your turn you must pass a DC 12 Constitution (Metabolism) check, on a fail you must use the Attack action with one of the attacks as the gust effect. On a successful check, you can use your action freely and gain one stuffed point. Additionally, the range and damage of the gust increase by 5 feet and, respectively, 2d6 for each turn you held in the effect, afterwards, it returns to its normal range and damage.

When you exhale a held gust, your stuffed points are reduced by 1, if you have 0 stuffed points and engorged levels, you lose one engorged level and gain half of your maximum stuffed points, rounded up.

The potion is a bubbling mixture of two liquids that swirl constantly and never combine, one liquid is transparent and the other liquid is a color which determines the breath's effect.

Color	Damage	Special Effect	Reagent Req.
Black	Acid	-	Black dragon gut
Brown	Force	+1d6 force damage /engorged level	Rare nuts & leaves powder
Blue	Lightning	-	Blue dragon blood
Green	Poison	-	Green dragon gut
Red	Fire	-	Red dragon blood
White	Cold	-	White dragon blood

Stacking the potion (Variant Rule)

If you drink multiple potions of this type, the effects will stack, gaining stuffed points and dealing damage for each potion consumed using only one skill check per turn and the DC to hold in the gust is increased by 1 for each additional potion consumed. The only effect that does not stack is the increase of range and damage when you hold in the gust, you can choose the damage type and it is calculated from the last potion you consumed.

For example, if you consume a *Potion of Red Draconic Gust* in your first turn, a *Potion of White Draconic Gust* in your second turn, and only exhale your gust on your fourth turn, then the gust will be at a range of a 30-foot cone and the formula is 2d6 fire damage + 2d6 cold damage + 4d6 fire or cold damage, your choice.

Ring of the Unbloated

Ring, uncommon (requires attunment)

A set of two rings that can be worn on the finger or attached to the body similar to a pair of earrings. Once attuned, your maximum stuffed points are increased by 1 and you gain a +1 bonus to all rolls to resist and remove the stuffed and engorged condition.

Curse. This set of rings is imbued with the desires of gluttony and greed. Becoming attuned to them extends the curse to you. As long as you are cursed you cannot unattune from these rings, wearing them on your body at all times. While attuned to these rings, whenever you

consume food, drinks or a magic item like a potion, you must pass a DC 12 Constitution (Metabolism) check or become stuffed. Additionally, once every 24 hours you must pass a DC 15 Wisdom saving throw or consume the closest item available, magical or not. If the character dies from a failed Collapse/Erupt saving throw, the item captures the character's soul and can no longer be resurrected. Additionally, all of the item's effects and DCs for checks and saving throws are permanently increased by 1.

Retaliation. If an attempt to remove the curse from the item is made and fails, the malevolent energies within the rings retaliate. For 7 days, at the end of each long and short rest, you must pass a DC 15 Wisdom saving throw or consume the closest item available, magical or not, and gain a stuffed point without any additional attempt to resist it.

Destroying the curse. Surviving the Collapse/Erupt saving throws three times in a row without any outside assistance will permanently remove the curse from the item. If the item's effects were increased, the removal of the curse releases the captured souls and the effects revert to the item's original state.

Use and removal of cursed items

When using cursed magic items you can use the following rules to increase the challenge of discovering and removing them.

Discover Curse. Attunement or the *identify* spell does not reveal if the item is cursed and until it is discovered, the player should receive the item's description without the details connected to the curse and the effect should be tracked by the DM. You can attempt to reveal the curse by casting a *detect evil and good* spell. When casting the spell you must make an ability check using your spellcasting ability against a DC of 13 + 2 for each rarity above common that the cursed item has (rarity order from lowest to highest: common>uncommon>rare>very rare>legendary>artifact). On a failed check, you inform the caster that the item is not cursed.

Remove Curse. You can attempt to remove the curse by casting a *remove curse* spell. When casting the spell you must make an ability check using your spellcasting ability against a DC of 13 + 2 for each rarity above common that the cursed item has. On a success, the spell's effect is used on the item. On a failed check, the curse cannot be removed using this spell for the next 7 days.

Destroy Curse. You can create special conditions and rules in which the curse is completely removed from the item, but it still keeps its magical properties in some form.

Retaliating Curse. When an attempt to remove the curse fails you can add a temporary negative effect in which the item responds to either the character the item is attuned to or to who attempted to remove the curse.